



Salt & Pepper Barramundi

with Green Beans, Soy-Ginger Sauce & Rice

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Green Beans



Spring Onion



Black Peppercorns



Cornflour



Barramundi



Ginger Paste



Chicken Breast

Recipe Update

Due to sourcing challenges some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me First

With its firm texture and slightly buttery flavour, barramundi stands up perfectly to the S&P coating in this Asian-style dish. Team with crisp green beans and a zingy sauce, plus jasmine rice to soak it all up.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|---|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| water* | 1 ¼ cups | 2 ½ cups |
| jasmine rice | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| green beans | 1 small bag | 1 medium bag |
| spring onion | 1 stem | 2 stems |
| barramundi | 1 medium packet | 1 large packet |
| black peppercorns | 1 large sachet | 2 large sachets |
| cornflour | 1 medium packet | 1 large packet |
| salt* | ¼ tsp | ½ tsp |
| soy sauce* (or <i>gluten free tamar soy sauce</i>) | 2 tbs | ¼ cup |
| honey* | 1 tbs | 2 tbs |
| ginger paste | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2780kJ (664Cal) | 755kJ (180Cal) |
| Protein (g) | 34.5g | 9.4g |
| Fat, total (g) | 19.4g | 5.3g |
| - saturated (g) | 8.3g | 2.3g |
| Carbohydrate (g) | 83.7g | 22.7g |
| - sugars (g) | 7.7g | 2.1g |
| Sodium (mg) | 1084mg | 294mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2747kJ (657Cal) | 699kJ (167Cal) |
| Protein (g) | 41g | 10.4g |
| Fat, total (g) | 15.4g | 3.9g |
| - saturated (g) | 7.2g | 1.8g |
| Carbohydrate (g) | 83.4g | 21.2g |
| - sugars (g) | 7.7g | 2g |
| Sodium (mg) | 1100mg | 280mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1 Cook the rice

- Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice** and a pinch of **salt**.
- Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10-15 minutes**. Stir the **butter** through the rice.

TIP: The rice will finish cooking in its own steam, so don't peek!



4 Cook the barramundi

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, shake excess flour off **barramundi**, then cook **barramundi**, turning occasionally, until golden and just cooked through, **4-6 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



2 Get prepped

- While rice is cooking, trim **green beans**. Thinly slice **spring onion** and set aside. Cut **barramundi** into 2cm chunks. Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.
- In a medium bowl, combine **cornflour**, **crushed peppercorns** and the **salt**. Add **barramundi**, tossing to coat.
- In a small bowl, combine the **soy sauce**, the **honey** and **ginger paste**.

TIP: Remove barramundi skin with a sharp knife before combining with cornflour, if you prefer!

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks. Combine with spices as above.



5 Bring it all together

- Return **green beans** to pan. Add **soy-ginger** mixture and cook, tossing to coat, until heated through, **30 seconds**.



3 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until tender and wilted, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



6 Serve up

- Divide rice between bowls. Top with salt and pepper barramundi, spooning over any remaining soy-ginger sauce from the pan.
- Sprinkle with spring onion to serve. Enjoy!

Rate your recipe

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